

# CARTERET COUNTY AGING SERVICES

MARCH—APRIL 2015

## Senior Life Expo

2015

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## Friday, May 8th

## 9am to 1pm

Save the date for this important resource fair!

*Featuring*

- Local businesses
- Medical services
- Government agencies

All geared toward everyone aged 50 and better!

There will also be raffle prizes for attendees, health and wellness seminars, and exercise demonstrations throughout the event.

### STAFF DIRECTORY

Janet Grainge — Director • Mary Kurek — Program Supervisor • Mary Dixon — Health & Wellness Coordinator

April Mason — Program Coordinator • Carol Neglic — Customer Service Representative

Joanne Cheung — Senior Administrative Assistant • Cindy Blizzard—Activities/Resource Development Coordinator

Janice Raynor — Kitchen Services Coordinator • Lisa Roberts—Kitchen Services Coordinator

Kenneth Hester — Custodian • Building Monitors: Mike Galyon, Ricky Hall, Leslie Pake

## UPCOMING EVENTS

**MARCH 3**: DIABETES EDUCATION—10:30AM

PRESENTED BY VETERANS AFFAIRS

**MARCH 12**: COUNTRY FOLK MUSIC—10:30AM

**MARCH 17**: ST. PATRICK'S DAY CELEBRATION—10:30AM

**MARCH 20**: END OF LIFE PLANNING CLINIC—9:30AM TO 11:30AM

**MARCH 24**: NUTRITION SEMINAR—10:30AM

**MARCH 27**: FRIENDS OF AGING'S SPAGHETTI FUNDRAISER—5:00PM TO 7:00PM

**MARCH 31**: MEDICARE 101: NAVIGATING THE MEDICARE MAZE SEMINAR—10:30AM

**APRIL 1**: EASTER CELEBRATION—10:00AM

**APRIL 21**: HEALING & WOUND CARE SEMINAR—10:30AM

## AARP TAX AIDE

AARP Tax Aide volunteers are here every Thursday and Friday from 9:00am to 1:00pm through April 10th providing free income tax filing assistance! No appointments are necessary. Please be sure to have the following documents ready when you go:

- Government-issued ID for taxpayer and spouse
- Social Security card for everyone on the return
- Last year's tax return
- All documents pertaining to income
- Documents/receipts pertaining to medical, tax, charity, and business
- Any childcare expenses including provider name and ID number
- Check book or official bank document showing bank account and routing number for direct deposit
- Two copies of any Power of Attorney, divorce decree allowing dependent claim for tax purposes, and complex broker statements, if appropriate.

## FRIENDS OF AGING FUNDRAISER



# Spaghetti Dinner

March 27 • 5 to 7pm

Dine In or Take Out

**Tickets: \$6 for members; \$8 for general public**

Tickets can be purchased through Cindy Blizzard. The dinner will include spaghetti and meatball entrée (vegetarian option available), salad, breadsticks, and dessert. You will also need to save room for an extra special homemade desserts and bake sale! All proceeds will go toward supporting the Home-Delivered Meal program that allow vulnerable, homebound seniors to remain independent.

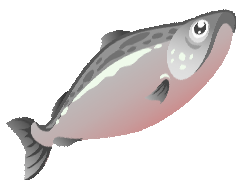
## ABOUT THE FRIENDS OF AGING

The Friends of Aging (FOA) is a non-profit that is dedicated to relieving the distress of seniors in need and improving their quality of life. The FOA partners with Carteret County Aging Services to maximize services for the elderly in Carteret County.

For more information on the Friends of Aging, head over to their new website: <http://www.friendsofaging.org> where you can check out their calendar of events, blog, and even make a secure online donation!

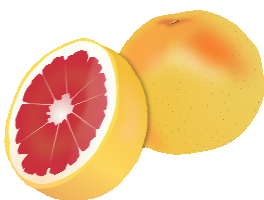
## SUPERFOODS TO HELP FIGHT OFF COLDS

The phrase “You are what you eat” may never be more true than when it comes to fighting off a case of the sniffles. "You can't underestimate the importance of good nutrition when it comes to...your immune system," says Karen Ansel, RD, a spokesperson for the Academy of Nutrition and Dietetics. "Vitamins, minerals, antioxidants—these are what keeps your body strong, and without them you're not giving your body the edge it needs to ward off infection." It's more than just getting your daily fruits and veggies. Here are a few foods that may help boost your immune system and ward off colds or the flu:



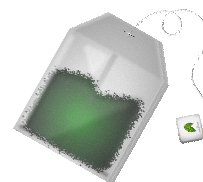
**FISH:** Oily fish—including salmon, tuna, and mackerel—are rich in omega-3 fatty acids, compounds that help reduce harmful inflammation in the body.

**GARLIC:** Garlic contains allicin, a sulfuric compound that produces potent antioxidants when it decomposes.



**CITRUS:** While recent research suggests that vitamin C may not be as useful in preventing colds, studies do show that taking the vitamin at the first sign of illness may reduce a cold's duration by about a day.

**TEA:** All tea—black, green, or white—contains a group of antioxidants known as catechins, which may have flu-fighting properties.



More great foods to help fight colds: Milk, Fennel, Oysters, Yogurt, Mushrooms, Skinless Turkey Breast, Leafy Greens, Blueberries, and (yes!) Dark Chocolate.

## VOLUNTEER OPPORTUNITIES

### *At the Center*

We are always looking for enthusiastic volunteers, in any capacity! Please contact Carol Neglic if you are interested or have questions about our volunteer program.

**Home-Delivered Meals Driver:** Our Home Delivered Meals program has recently filled up two of our current routes. There is potential to create another route, but we need volunteer drivers and substitutes! Please contact Mary Kurek if you or someone you know would be interested in volunteering. Your smiling face lets our homebound clients know that they are cared for and may be the only contact they get during the day.

**Friendly Visit Volunteer:** Give an hour to make someone's day! Volunteers are needed to visit our homebound clients once or twice a month for casual conversation and socializing, which is so important to preventing isolation and maintaining their independence. Please contact Carol Neglic, if you or someone you know would be interested in volunteering.

### *In the Community*

The Olde Beaufort Farmers' Market is gearing up for another season starting April 15th at the Carteret County Courthouse and they are looking for volunteers! There are many different positions available from Greeter to Photographer to serving on the Market's committees. Scheduling is flexible and you do not have to commit for their entire market season. For more information, please call: (252) 515-4799.

# Carteret County Aging Services

**AT THE  
LEON MANN JR. ENRICHMENT CENTER**

3820 Galantis Drive, Morehead City, NC 28557

Phone: 252-247-2626

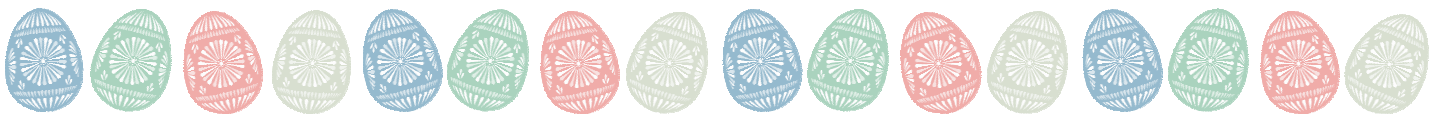
Hours: Monday through Friday, 8:00am to 5:00pm

**Like us on Facebook!**

**<http://facebook.com/LeonMannSeniorCenter>**



**C H O I C E S   F O R   I N D E P E N D E N C E**



**HAPPY MARCH & APRIL BIRTHDAYS!**

*March*

*April*

05: Kenneth Hester	19: William Dail	01: Henry Kahen	15: Jerry Melton
05: Bill Davis	20: Elizabeth Pugsley	02: Paul Jennings	15: Ned Kinsey
05: Kim Bridgers	22: Doris Mintz	02: William Kenon	15: Rosemarie Burnette
06: Ann Hills	22: Naomi Sutton	03: Les Pake	16: Lucille Giordano
08: Hugh Aderholt	26: Cherry Tripp	04: Lillian Claypool	17: Barbara Riggs
08: Robert Blake	26: Billy Beamon	05: Joy Morehead	18: Lucille Christensen
10: Anne Jasper	27: Pat Cannon	05: George Coombs	22: Tolsie Lewis
11: Doris Pitcher	28: Darlene Chapman	09: Edward Barnes	25: Sarah Kinsey
14: Frederick Davis	29: Durward Lewis	11: Margaret Douglas	27: Gordon Garrell
15: Laura Landi	30: Norell Bahrs	12: Dallas Daniel	29: Robert Kemper
15: Thomas Sewell	31: Pat Yarock	14: Tootsie Adderholdt	